

DISHES TO TEMPT JADED APPETITES—DAUGHTER'S TRIP—WOMAN'S EXCHANGE—CYNTHIA

SUMMER VEGETABLE CASSEROLE; MRS. WILSON GIVES RECIPES

Leftovers Can Be Turned Into Attractive Dishes When Prepared in This Way, and They Will Appeal to the Jaded Warm Weather Appetite.
Try Some of These for the Family

By MRS. M. A. WILSON
(Copyright, 1919, by Mrs. M. A. Wilson.
All Rights Reserved.)

THE housewife who desires to add to the attractiveness of the meal should try serving the various summer vegetables in casserole. There is an air of wholesomeness and hospitality about the food prepared in these dishes that makes for a dainty and attractive appearance. And to the thrifty women they should be the means of providing splendid appetizing meals at low cost.

This process of cooking can be made an attractive feature of the menu and either the individual or large casseroles may be used. Leftovers that would not make a good appearance in any other way can be utilized for this dish.

Many styles of these dishes are displayed in the house-furnishing stores. The dainty glass casseroles lead, while the ones made of glazed earthenware follow very closely and then come the plain old-fashioned ones of just plain earthenware. All may be sent to the table with their contents undisturbed, piping hot and ready to serve.

Escalloped Potatoes

Wash and scrape ten new potatoes and then slice very thin. Add
One grated onion,
Six tablespoons of flour,
One teaspoon of salt,
One-half teaspoon of pepper.

Toss the potatoes in the flour and seasoning to thoroughly coat, then turn into a casserole dish, patting the top smooth. Pour over it one cup of milk and dot with three slices of bacon, chopped fine. Bake in a moderate oven thirty minutes.

Sweet Potatoes Glazed En Casserole

Remove the skins from six medium-sized cold boiled potatoes and then mash and season with pepper and salt and place in a casserole dish. Sprinkle the top thickly with three-quarters cup of brown sugar and dust lightly with nutmeg. Dot with bits of butter and bake in a hot oven twenty-five minutes.

Au Gratin of Vegetables

Cut a sufficient amount of salt pork into dice to measure one cup. Place in a mixing bowl and then add

One cup of corn, cut from cob,
Two cups of sweet potatoes, diced,
One and one-half cups of cooked lima beans,

One cup of stewed tomatoes,
Two onions, chopped fine,
One green pepper, chopped fine,
One and one-half teaspoons of salt,
One-half teaspoon of pepper,
One-quarter teaspoon of thyme.

Mix thoroughly and then turn into well-greased casserole dish. Pour over all one cup of very thick cream sauce. Cover the top with fine bread crumbs and one tablespoon of grated cheese. Place in a moderate oven and bake for forty minutes. Serve this dish as a vegetable course in the following dinner menu:

Radishes Watercress
Broiled Rump Steak
Au Gratin of Vegetables
Cucumber Salad
Sponge Cake Stewed Fruit
Coffee

Shin Beef En Casserole

Have the butcher cut a piece of shin with the bone in it, weighing about two and one-half pounds, and also a small piece of suet. Wipe with a damp cloth and pat in plenty of flour and brown quickly in a frying pan, containing the tried-out suet, cut into small pieces to prevent burning. When nicely browned lift the meat into a casserole dish and add two tablespoons of flour to the fat left in the frying pan. Brown nicely. Then add one and one-quarter cups of water and stir well to prevent lumping. Bring to the boiling point and then season and pour over the meat. Now add

Six medium-sized potatoes,
Four medium-sized onions,
Three tablespoons of finely chopped parsley.

Cover closely and place in a moderate oven for two and one-half hours. Or cook in the fireless cooker and then lift to a casserole dish and bake for thirty minutes. If you are baking bread, etc., start the casserole the first thing and it will be very nearly ready when you are finished.

Succotash En Casserole

Place in the casserole dish one and one-half cups of shelled lima beans and two cups of corn, cut from the cob. Now add two tablespoons of flour and toss the beans and corn to thoroughly coat with the flour, then add

One cup of water,
One-half cup of milk.

Place the lid on the casserole and bake in a slow oven for fifty minutes. Season with salt and pepper and one tablespoon of butter. Send to the table in the casserole dish.

Stuffed Tomato Baked En Casserole
Cut a slit from the tomatoes and with a teaspoon scoop out the centers. Fill the tomatoes with cold cooked succotash and place in the casserole, adding one-half cup of cold water. Sprinkle bread crumbs on top of the tomatoes and bake twenty minutes, then add a strip of

bacon and cook until the bacon browns, then serve.

Hash En Casserole

Place in a bowl
One cup of cold meat, diced,
Two cups of potatoes, diced,
One carrot, diced,
Three-quarters cup of finely chopped onions,

One green pepper, chopped fine,
One teaspoon of salt,
One-half teaspoon of pepper,
One cup of boiling water.

Cover the casserole dish and bake forty minutes in a hot oven.

The casserole is an ideal method of cooking fresh fruits.

Blackberries En Casserole

Wash and look over carefully one box of berries. Place in a casserole dish and add

One-half cup of white corn sirup,
One-half cup of brown sugar,
Pinch of cinnamon.

Cover closely and bake for thirty minutes.

Casserole of Peaches, Marlynton Style

Cut free-stone peaches in half and peel, then remove the stones. Place in a casserole dish, filling the dish full, then add

One cup of brown sugar,
One-half cup of white corn sirup,
One-quarter teaspoon of nutmeg,
One-half cup of seeded raisins,
Juice of one-half lemon.

Bake in a slow oven for thirty minutes and then cool and pile the casserole high with fruit whip.

Apple Slump

Core small summer apples and cut into slices without paring. Place in a layer in a casserole dish and sprinkle with brown sugar and dust

lightly with cinnamon. Repeat until the dish is full and then add one-half cup of sirup. Cover the casserole dish and bake in a moderate oven twenty minutes. Now remove the lid of the dish and place over the apples a crust of pastry, rolled out one-half inch thick, brushing the top with milk. Return to the oven and bake the crust. Cool and then serve from the dish with a spoonful of marshmallow whip or with a thin custard sauce.

White Cabbage En Casserole

Select a medium-sized head of cabbage and chop fine. Wash thoroughly, now drain well and dust cabbage with three tablespoons of flour and season with salt and pepper. Toss the cabbage well to thoroughly mix and then place in the casserole and bake in a moderate oven thirty-five minutes.

Try Beets En Casserole

Cook the beets until tender and then cool and remove the skins and cut into slices. Now place a layer of beets in the casserole and season with salt and pepper and

Two tablespoons of finely chopped onions,
One tablespoon of finely chopped green pepper.

Repeat until the dish is full and then prepare a sauce as follows
One-half cup of vinegar,
Three-quarters cup of water,
Three tablespoons of cornstarch.

Dissolve the starch in the water and vinegar and bring all to the boil. Add three slices of bacon cut in dice and brown, adding the bacon fat as well. Pour over the beets in the casserole dish and bake in a moderate oven for twenty-five minutes. Serve from the dish.

Adventures With a Purse

ADVENTURING has many compensations and offers a certain vicarious pleasure. Many times I saw things which I would give much to have for my very own. And sometimes I get them, while other times for one reason or another I cannot. Then it is that I write about them enthusiastically. Next to buying them, writing of them is my delight. So it is with the electric lamp, although I am not yet sure that I shall not save my pennies and buy one. Including the shade, the lamp stands probably twelve to fifteen inches in height. The slender tapering base of a rich golden yellow is of polished pottery, resembling the ten sets one sees in solid colors. But I believe it is the shade which lends the touch that would stamp this lamp no matter where one would place it. It is of yellow silk with tiny ribs of dark bamboo, and it is mushroom shaped. The lamp comes in old rose or drift blue with shade to match, and the price is \$7.50.

To Prepare Fish for Salting

Scale and then remove the heads and split down the back. Sprinkle with table salt and then pile one on top of the other with the flesh side up and well covered with salt. I would be very careful about preparing fish for winter using during the hot weather.

My dear Mrs. Wilson—Can you tell me through the paper why my elderberry jelly candies like rock candy inside of the glass? Thanking you for answer.
MRS. H. A. C.

If the berries are overripe, it is impossible to make jelly with them. You have overcooked your jelly, crystallizing the sugar, due, no doubt to the above fact.

My dear Mrs. Wilson—Will you kindly send me a recipe for making baking powder biscuits; also one for buttermilk biscuits? Thanking you for this kindness.
MRS. J. W. C.

Baking Powder Biscuits

Place in a mixing bowl
One pound of flour,
Two teaspoons of salt,
Three tablespoons of baking powder,

Three tablespoons of sugar.
Sift to mix and then rub in
Four tablespoons of shortening.
Now mix to a dough with
One and one-half cups of milk.

Knead until smooth and elastic and turn on a slightly floured board. Pat or roll out one inch thick and then cut and brush the tops with milk and bake for fifteen minutes in a hot oven.

Buttermilk Biscuits

Use
One and one-half cups of buttermilk,
One and one-half teaspoons of baking soda (level).

Dissolve the soda in the milk and use in the place of the buttermilk in the foregoing biscuit recipe.

My dear Mrs. Wilson—Can you tell me how the flavor from a mint bush is extracted and to what uses it (the flavor) may be put? Thanking you very much, I remain,
LIBERTY GLO.

The flavor from the mint is extracted by distilling and is used for many purposes, such as flavoring foods, medicines, etc.

Sports Hats for the Early Fall A Daily Fashion Talk by Florence Rose



The brim seems to be here to stay, be it narrow, very wide, broad or droopy. Crowns, as the sketch shows, are to be high, low or medium. It will not be hard to choose a chapeau.

WITH the return of sports clothing to fashion comes the hat which is suitable to be worn with sports clothes. Now, a sports hat does not necessarily mean the Panama, the slouch felt or the sailor. In fact, these types of headgear have not been worn this season by the well-dressed women.

The sports hats, like the sports clothing, so called, are hard to describe. They are in a class by themselves, entirely different from other kinds of clothing and really have to be sensed by the women rather than described to them by other people. Contrary to what one might think, the sports hat is usually trimmed, though as a rule the trimming is kept flat. Almost never is there any trimming that curls, stands up or out on a sports hat. The only exception to this is when ribbon is used around the crown and then the tendency of the bow is always downward.

Materials are used a great deal for the sports hat this year, such as satin,

silk, grass linen, some gingham and organdie. Embroidery, too, both in wool and in silk, is a feature of these hats. One of the smartest hats that I have seen is illustrated at the right of the drawing. This hat is of light blue grass linen, embroidered in white silk. The underbrim is of pure white straw and the edge of the hat is bound with a narrow white moiré ribbon. The same width of ribbon encircles the crown and ties in a small bow at the right side of the front.

In the center is a hat of straw decorated with yarn embroidery and two pompons of wool at the right side. The underbrim facing is of silk. At the left is a taffeta and straw combination with embroidery done in silk around the lower edge of the crown and the edge of the brim. A bow of ribbon is used at the left side and this, you will see, carries out the downward tilt, which I mentioned above.

(Copyright, 1919, by Florence Rose)

we also realize that she is not of a natural beauty and that under that rouse her skin is rough, dark or pale. Therefore I think more of a girl who does not powder or paint, be she rich, poor, handsome, ugly, dark or pale, than I do of a girl who powders and paints, were she the most beautiful girl in my vicinity. It is embarrassing to me when I face a girl with rouge for she seems to have washed from her real self the gift that God gave her.

C. D. T.

I Wonder
Dear Cynthia—Being a constant reader of your column, I have never ventured to give any opinions on questions asked by readers. I have made a try, and that is concerning "Sweet Sixteen's" query, why boys prefer older girls than themselves and call girls, sixteen and seventeen years of age "kids."

The boys always think themselves far superior in knowledge and in strength than the girls. Therefore, as the girl is supposed to be inferior to the boy, he calls her a "kid."

In many cases the girl is a "woman" in years, but a "kid" in ideas. By "kids' idea," I mean that the girls think that as soon as they get somewhat older they can make dates, stay out late at night, etc. A sensible boy does not call girls "kids," whether young or old. However, he is not at fault when he does.

Many girls do not think of their future. They discontinue school studies, paint up and "jump into high heels," and become an "ex-kid," having an idea that they will soon marry. The girls themselves give the boys the impression that they are "kids."

EXPERIENCE

Says She's Commonplace
Dear Cynthia—I do not know why I am writing this letter except as a mental relief. If you are at all interested in this letter, and interested enough to print it, I thank you. I would like to have your or any other reader's frank opinion of me. My reason for writing this is the usual one—man.

I am not at all beautiful, although I don't think any one would call me exactly homely.

I have two bosom friends, both are very beautiful. We are known all over as the "Inseparable Three," but why they wish to go with me is beyond my comprehension. We have just finished school and on account of financial difficulties, cannot go to college.

Whenever I am with them on the street or any other place, no one gives me a second glance.

At parties or dances where we attend I am never given a thought unless they are absent. There seems to be something lacking in me, but what it is I do not know and cannot find out. Perhaps I am too frank for most people. I am considered the best dancer in the whole "high," that is ballet and fancy dancing. I play the piano and several other musical instruments. I can play tennis and golf, swim, row and canoe. I run my father's car and can ride a horse fairly well. I read all the best books and am interested in art. I design all my own clothes and although I do not have as many as some girls, they are envied by many, and as I heard one girl say, "They have a look of distinction."

I am not conceited, but I would like to be more popular. I do not run after men, nor am I a flirt like some girls.

If my parents were wealthy and high in social standing I would be referred to as "that accomplished Miss Brown," but since they're not, I'm simply a nobody.

Well, it might be different some day.

YOU MIGHT THINK IT WAS MOTHER'S OWN VACATION

The Way She Sees and Gets Things Ready and Is Excited Over It—But It's All for Daughter!

SOME ONE once said, "In the warm weather all of us are selfish." I take exception; all of us, except mother. Along with glorious flowers, starry-eyed children and rose-stained evening skies one of the other wonderful things of the summer time is the happiness a mother gets out of her daughter's vacation. It isn't every one you know who can get happiness from some one else's coat of sunburn and some one else's two weeks of lift from the unchangeable grind of things.

But mother! You might think it was she who was to enjoy the cool, gentle night breezes the way she is up at dawn sewing ruffles on the dainty dotted Swiss dress. You might think it was she who would shortly be running her workworn hand through the shifting sand and feeling the breeze lift her hair. For that is where those what older they can make dates, stay out late at night, etc. A sensible boy does not call girls "kids," whether young or old. However, he is not at fault when he does.

Many girls do not think of their future. They discontinue school studies, paint up and "jump into high heels," and become an "ex-kid," having an idea that they will soon marry. The girls themselves give the boys the impression that they are "kids."

EXPERIENCE
Says She's Commonplace
Dear Cynthia—I do not know why I am writing this letter except as a mental relief. If you are at all interested in this letter, and interested enough to print it, I thank you. I would like to have your or any other reader's frank opinion of me. My reason for writing this is the usual one—man.

I am not at all beautiful, although I don't think any one would call me exactly homely.

I have two bosom friends, both are very beautiful. We are known all over as the "Inseparable Three," but why they wish to go with me is beyond my comprehension. We have just finished school and on account of financial difficulties, cannot go to college.

Whenever I am with them on the street or any other place, no one gives me a second glance.

At parties or dances where we attend I am never given a thought unless they are absent. There seems to be something lacking in me, but what it is I do not know and cannot find out. Perhaps I am too frank for most people. I am considered the best dancer in the whole "high," that is ballet and fancy dancing. I play the piano and several other musical instruments. I can play tennis and golf, swim, row and canoe. I run my father's car and can ride a horse fairly well. I read all the best books and am interested in art. I design all my own clothes and although I do not have as many as some girls, they are envied by many, and as I heard one girl say, "They have a look of distinction."

I am not conceited, but I would like to be more popular. I do not run after men, nor am I a flirt like some girls.

If my parents were wealthy and high in social standing I would be referred to as "that accomplished Miss Brown," but since they're not, I'm simply a nobody.

Well, it might be different some day.

Women's Problems

The Wisconsin Industrial Commission has set a minimum wage rate of twenty-two cents an hour for experienced women workers, which, figuring a fifty-five hour week, amounts to \$12.10, and a rate of eighteen cents an hour for learners for a six months' period, amounting to \$9.90 a week.

Social problems affecting women throughout the world will be studied by women physicians at a six weeks' international conference to be opened in New York city the middle of September. The conference will be held under the auspices of the social morality committee, war work council, of the national board of the Young Women's Christian Association.

remember what I have always told you. And be sure to write to your father. You know how badly he feels when you don't write. Write the long letters to your father and then when you get a chance just drop me a line to let me know you're all right.

"ARE you sure you had enough breakfast? You had plenty of time for another piece of toast. If you're hungry try to leave the office a little earlier and get a good cup of coffee and a sandwich to hold you. Are you sure you have everything? How about your rubbers? Yes, now you must have your rubbers. You don't want to spoil your pretty shoes if it rains, do you? Don't stop now, I'll send them to you parcel post. You'd better run now, dear. Here comes a car and you want to get a good start. Good-by, dear, and have a good time and please be careful. Remember, I'll worry about you all the time you're gone."

And then there is her good-by kiss, and mother, for a million reasons all very different and always ready! The city heat will go on for her. No heat of the sun, no jolly time on the merry-go-round, no moon-silvered path on the water. But not for anything would she have it otherwise. That is the marvelous wonder of it!

Shave With Cuticura Soap
The New Cuticura Way
Buy Cuticura Soap When You Buy A Safety Razor
And double razor efficiency. No mug, no slims soap, no germs, no waste, no irritation even when shaved twice daily. After shaving touch spots of dandruff or irritation, if any, with Cuticura Ointment. Then bathe and shampoo with same cake of soap. One soap for all uses. Rinse with tepid or cold water, dry gently and dust on a few grains of Cuticura Talcum and note how soft and velvety your skin. Absolutely nothing like the Cuticura Trio for every-day toilet uses. Soap to cleanse and purify, Ointment to soothe and heal, Talcum to powder and perfume. 25c each. Sample each free by mail. Address: "Cuticura, Dept. 8M, Boston."

J.M. Bidding & Co.
1422 Walnut Street
CONTINUE THEIR
Mid-Summer
Clear-away Sales
Remaining Summer fashions have again been regrouped and repriced for immediate disposal—
SPORT SKIRTS
SHEER BLOUSES
SUMMER MILLINERY
COATS AND CAPES
GOWNS AND DRESSES

Kellogg's
"WON ITS FAVOR THROUGH ITS FLAVOR"
The flavor you remember is guaranteed by my signature.
W.K. Kellogg
Every grocer everywhere sells Kellogg's every day.
Kellogg's TOASTED CORN FLAKES

Closing Out All Waists and Lingerie at Cost
Due to the increase in business of our Hat Department and the necessary need of more space, we have decided to immediately discontinue with our wonderful line of Waists and Lingerie at prices that will prove to be very attractive.
Summer Hats Now \$5 Up
Benguyer
1214 Walnut Street
Atlantic City Show Rooms—The Breakers Hotel
Lime—
a favorite one of the eleven luscious flavors of
CHARMS
The Pure FRUIT TABLETS
CHARMS are 100% sugar; highly flavored with the juice of luscious fruits. The most delightful confection for anyone at any time—day or night.
Everybody Likes Them—Everybody Wants Them
On Sale Everywhere Buy them by the box
THE FLAVOR CHARMS

Womanly Women
—avoid even the suggestion of hair under the arms or on the face. They delicately (and without harm) remove it with
MANDO
You can buy it at all department stores and good drug stores.
SERVE
appetizing, nourishing and enjoyable food at every meal by using
Lea & Perrins
SAUCE
Every bottle is guaranteed. It is a distinct aid to cooks and cooking.
LEA & PERRINS
SAUCE
THE ONLY ORIGINAL WORCESTERSHIRE
Refuse substitutes.
Warm-Weather Traveling
A piece of net is a great boon on the sleeping car. If deftly fixed over the hair on retiring the hair need not be taken down in the morning in the dressing room, as a rule so crowded at this time of the year.
Take a paper hat bag with you on your trip. On the train it is so easy to take the hat off and slip it into one of these and it escapes all the cluders and dust that come in when every one opens the windows.
I sure will be
!!